ABSTRACT OF THE DISCLOSURE

A three dimensional air cushion having a sealed outer peripheral edge of a geometric shape. The projected area of the hollow interior sealed by the outer peripheral edge is smaller than the upper surface area of the air cushion. Air chambers are provided in an upper surface and a lower surface of the cushion, giving excellent buffering function. Two opposite sides of the cushion have a level higher than an intermediate portion to force an object it protects, or a shock source, to move to the center, with the shock energy converted into side support energy, thus obtaining great stability.